

SELF-DEFENSE FOR WOMEN

The Lansing Police Department's Subject Control Cadre proudly presents a self-defense session for women. Classroom instruction, as well as "hands on" training will be included. Participants are required to be physically capable and willing to practice self-defense techniques with trainers and classmates in a controlled environment.



Objectives for the course:

Increase safety awareness

Improve physical defense capability

Improve confidence through understanding one's potential

Date/Time: May 20, 2014, 6:00 p.m. – 8:30 p.m.

Location: Lansing Police Department
740 May Street, Lansing, MI 48906
Gym - east side of the building, off Prudden Street

Cost: **FREE:** Must attend the full 2 ½ hour program

Attire: Clothing comfortable for exercise

Participants: This course is for women only. Each participant must be emotionally mature enough for the content and physically capable to perform the defense skills.

Instructors: Sgt. Traci Ruiz
Ofc. Stephanie Bokovoy
Ofc. Jenni Maatman

To Register:

Contact Rhonda Mubarakeh

rhonda.mubarakeh@lansingmi.gov or Call 517-483-4831

48 hour cancellation notice appreciated in case of waiting list



Mike Yankowski
Chief of Police

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Mayor Virg Bernero